

LEHI RECREATION

SPRING WRESTLING 2015



We want to thank you for your participation in our first season of wrestling for the 5th-8th graders. This program was designed to help those with a desire to enhance their wrestling skills progress easier into more advanced or school level programs. Participants will receive instruction from coaches involved with USA Wrestling. www.usawrestling.org

As a reminder there will be 8 practices and that is all. There will be no meets involved with this program. Please remember that all practices will be held at Lehi High School in the wrestling room which is located by the south entrance to the building. Practices will be held every Monday and Friday from 4:00pm-5:00pm starting April 27th and ending May 22nd. Please be sure to arrive on-time as the practices will not be rescheduled.

No singlet is required by this program but is okay to wear if you have one, however, please be sure that your child is dressed appropriately for what they will be doing. We recommend the use of wrestling shoes if possible but also not required.

We hope your child experiences personal growth and development and has an enjoyable time in the program.

